



The Seven Lights

The seven laws given to all of humanity.

Seven laws understood as binding on every human being, not on a nation and not on a religion. The tradition reads all seven out of a single verse spoken to the first person, at Bereishis 2:16, and sets them out at Sanhedrin 56b and in the Rambam's Hilchos Melachim 9:1.

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| 1 | Recognise the One G-d, and worship nothing else
Avodah Zarah — foreign service | עבודה זרה |
| 2 | Treat the Name of G-d with reverence
Birkas Hashem — blessing the Name | ברכת השם |
| 3 | Do not murder
Shefichus Damim — spilling of blood | שפיכות דמים |
| 4 | Guard the boundaries of sex and family
Gilui Arayos — uncovering nakedness | גילוי עריות |
| 5 | Do not steal
Gezel — robbery | גזל |
| 6 | Do not eat flesh torn from a living animal
Eiver Min HaChai — a limb from the living | אכר מן החי |

SIX RESTRAIN. THE SEVENTH BUILDS.

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| 7 | Establish courts of justice
Dinim — judgments | דינים |
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Two rooms, the same table, the same chairs, the same bread. In the first, someone arranged the room to please themselves. In the second, someone prepared it because a guest is coming. Every detail is identical. Only one of them is a home, and the difference is not in the room.

Read the whole book, free, at seven-lights.vercel.app

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Aaron Abush, Sacred Bridge Collective. Free to read, free to share, free to translate, not for sale.